



Weekly Food Services Menu

Heritage Suites Retirement Home in Cornwall

W3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Fresh assorted fruit</p> <p>Cereal, Cream of wheat</p> <p>Eggs benedict with ham & spinach With side of fresh tomatoes</p>	<p>Fresh assorted fruit</p> <p>Cereal, Oatmeal</p> <p>Brioche French toast</p> <p>With honey, cinnamon, and vanilla custard topped with blueberries & strawberries</p>	<p>Fresh assorted fruit</p> <p>Cereal, Cream of wheat</p> <p>Savory Crepes filled with ham, gouda cheese & eggs</p> <p>Grilled hash browns sautéed with onions</p>	<p>Fresh assorted fruit</p> <p>Cereal, Oatmeal</p> <p>Open-faced breakfast bagel sandwich topped with scrambled eggs, chopped bacon, chives, tomatoes, & cheddar on a bed of lettuce</p>	<p>Fresh assorted fruit</p> <p>Cereal, Cream of wheat</p> <p>Classic breakfast</p> <p>Bacon with choice of egg, hashbrowns, baked beans served with rye toast</p>	<p>Fresh assorted fruit</p> <p>Cereal, Oatmeal</p> <p>Breakfast Pie</p> <p>Puff pastry topped with egg, sausage, sautéed mushrooms, Shredded cheddar & sliced cherry tomatoes seasoned with fresh basil</p>	<p>Fresh assorted fruit</p> <p>Breakfast Trifle</p> <p>Layered with pieces of blueberry muffin, strawberries, Raspberries, bananas, Greek yogurt, & granola</p>
LIGHT MEAL	<p>Creamy Potato & Leek Soup</p> <p>Roast Beef sandwich on ciabatta, w/Horseradish/ mayo, balsamic and sautéed onions</p> <p>Broccoli Salad</p> <p>Tapioca Pudding</p>	<p>Chicken vegetable orzo</p> <p>Spinach salad with feta, sliced hard boiled eggs, cherry tomatoes, sliced mushrooms, red onion, croutons tossed with warm bacon dressing</p> <p>Key lime pie</p>	<p>Italian wedding soup</p> <p>Cold Mediterranean pasta Tossed with, garlic, feta, Kalamata olives, cherry tomatoes, marinated artichoke hearts, oregano, & parsley</p> <p>Cheesecake brownie</p>	<p>French onion soup au gratin</p> <p>Mexican chicken bowl</p> <p>Seasoned Juicy sliced chicken breast, on top of rice with creamy avocado, & charred sweat corn</p> <p>Mango dessert cup</p>	<p>Ham & Pea soup</p> <p>Home made Chilly con carnie</p> <p>Just like mom used to make!</p> <p>Peach upside down cake</p>	<p>Cream of mushroom Soup</p> <p>Honey garlic glazed salmon served on a spring mix bed of greens cucumber, red onion, bell peppers, & tomatoes Tossed in honey garlic dressing</p> <p>Italian gelato</p>	<p>Butternut squash soup</p> <p>Chicken Fettuccine alfredo served with garlic loaf</p> <p>Strawberry short cake</p>

MAIN MEAL	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR	SALAD BAR
	Bacon wrapped pork tenderloin brushed with maple syrup, served with seasoned Parisian potato and broccoli Decadent chocolate mouse cake	Baked lasagna with ricotta cheese served with garlic bread German apple strudel with warm caramel topping	Chicken Cordon Bleu Stuffed with ham and Swiss cheese served with mash potatoes & vegetable medially Homemade Blueberry pie a la mode	Beef Wellington cooked to perfection wrapped in a puff pastry, served with mushroom risotto, and asparagus Cream Brulé	Old fashion beer battered fish and chip served with tartar sauce Molten lava chocolate cake	Slow roasted fall off the bone Kansa city style ribs, served with mac & cheese Strawberry Cheesecake	Authentic Chinese dinner Classic Tiramisu

WEEK 3
FALL / WINTER 2013 - 2014

NOTE:

Whole Wheat Bread & Crackers offered everyday at Lunch and Dinner.
125 ml Assorted Juices (Orange, Apple, Cranberry,) are offered everyday at Lunch & Dinner
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner

